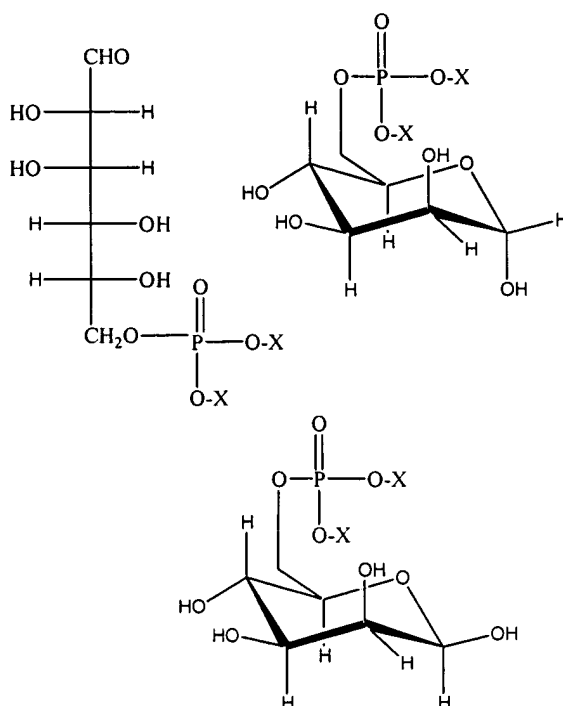


**WHAT IS CLAIMED:**

1. A vaginal insert for increasing vaginal cell growth in a mammal comprising an effective amount of mannose phosphate or a salt thereof, and a carrier, wherein the effective amount is about 0.001  $\mu\text{g}$  to about 500 mg of mannose phosphate or a salt thereof.
2. The vaginal insert of claim 1, wherein the insert can increase production of glycogen by vaginal epithelial cells.
3. The vaginal insert of claim 1, wherein the insert is used to treat or prevent low vaginal cell proliferation, low vaginal cell differentiation or low vaginal moisture.
4. The vaginal insert of claim 1, wherein the insert is used to treat or prevent vaginal atrophy.
5. The vaginal insert of claim 1, wherein the mannose phosphate is mannose-6-phosphate.
6. The vaginal insert of claim 1, wherein the mannose phosphate is a compound of the formula:

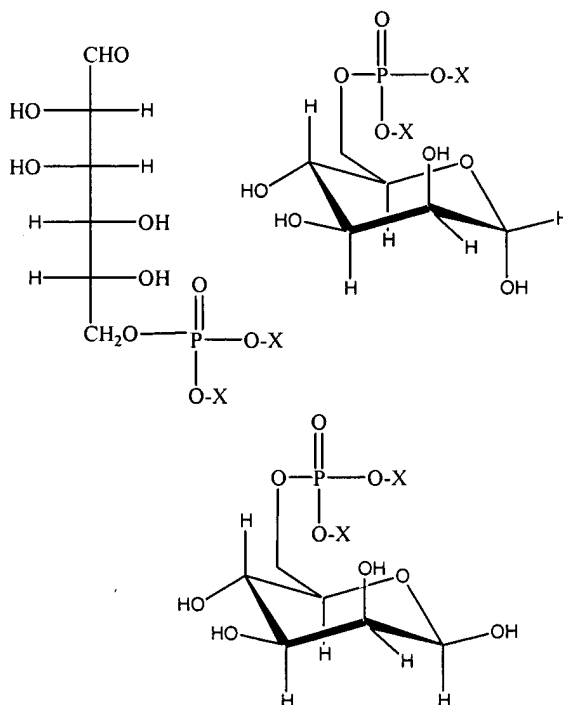


wherein X is a monovalent or divalent cation.

7. The vaginal insert of claim 1, wherein the mannose phosphate is mixed with or covalently linked to a polymer.
8. The vaginal insert of claim 7, wherein the polymer is poly(ethylene glycol), poly(vinyl alcohol), poly(vinylpyrrolidone), or poly(2-hydroxyethyl methacrylate).
9. The vaginal insert of claim 1, wherein the composition further comprises an anti-bacterial, anti-fungal or anti-viral agent.
10. The vaginal insert of claim 1, wherein the composition further comprises hyaluronic acid.
11. A method for preventing or treating a vaginal condition in a mammal comprising intravaginally administering to a mammal an effective amount of a composition comprising mannose phosphate or a salt

thereof, wherein the mannose phosphate or salt thereof can increase growth of mammalian epithelial cells.

12. The method of claim 11, wherein the condition comprises low vaginal cell proliferation, low vaginal cell differentiation, low vaginal moisture or vaginal atrophy.
13. The method of claim 11, wherein the composition can increase production of glycogen by vaginal epithelial cells.
14. The method of claim 11, wherein the mannose phosphate is mannose-6-phosphate.
15. The method of claim 11, wherein the mannose phosphate is a compound of the formula:



wherein X is a monovalent or divalent cation.

16. The method of claim 11, wherein the mannose phosphate is mixed with or covalently linked to a polymer.
17. The method of claim 16, wherein the polymer is poly(ethylene glycol), poly(vinyl alcohol), poly(vinylpyrrolidone), or poly(2-hydroxyethyl methacrylate).
18. The method of claim 11, wherein the effective amount comprises about 0.001 micrograms to about 500 milligrams of mannose phosphate or salt thereof.
19. The method of claim 11, wherein the composition further comprises an anti-bacterial, anti-fungal or anti-viral agent.
20. The method of claim 11, wherein the composition further comprises hyaluronic acid.
21. The method of claim 11, wherein the composition is a lotion, cream, gel or suspension.